

Satisfying your appetite not too hard a task here

By ALEX MARSHALL
Staff Writer

Okay, so you've had a few forkfuls of Marriott Corp. factory food at Lenoir Hall, and you already find your tongue flapping in the wind and your taste buds adrift, awaiting some culinary wind to fill their sails.

You need some *real* food.

Well, have no fear. There are alternatives to cafeteria cuisine.

First, the fast food joints. Just like every dog has fleas, every town has McDonald's and its ilk. Along Franklin Street, you'll find McDonald's, Hardee's, Arby's and Burger King.

Now, on to finer fare.

Would you like some breakfast?

First stop, the Ye Olde Waffle Shop on Franklin. Despite its doughy biscuits and bitter coffee, this small narrow restaurant with counter seating and tables is a Chapel Hill institution. On a weekend, you'll wait in line.

Another Chapel Hill favorite is Breadmen's on Rosemary Street. It has a roomy dining room and plenty of parking. Try the thick blueberry pancakes. Breadmen's also serves lunch and dinner and has a large menu featuring combination plates with a choice of meat and vegetables for a set price.

The Continental Cafe on Henderson Street also serves breakfast. You can sit in a booth, tilt your head back, and look at the 20 or so panels depicting scenes from Greek mythology on their vaulted ceiling. Ask for their cheese omelet made with mozzarella instead of American cheese.

Bruegger's Bagel Bakery serves fine, chewy bagels for those in a New York state of mind — sesame, pumpkin, whole wheat, cinnamon-raisin, onion, garlic, salt, and plain. Try one with honey-walnut cream cheese, and take home a bagful of their day-old bagels. They also serve big bagel sandwiches and soup.

Carolina Coffee Shop has a quiet, elegant and expensive breakfast. They have jelly and sugar in glass bowls with little spoons. You'll feel like a real gentleman or lady while you dine on one of their asparagus omelets.

There are a variety of choices for lunch and dinner, and here are a few of them.

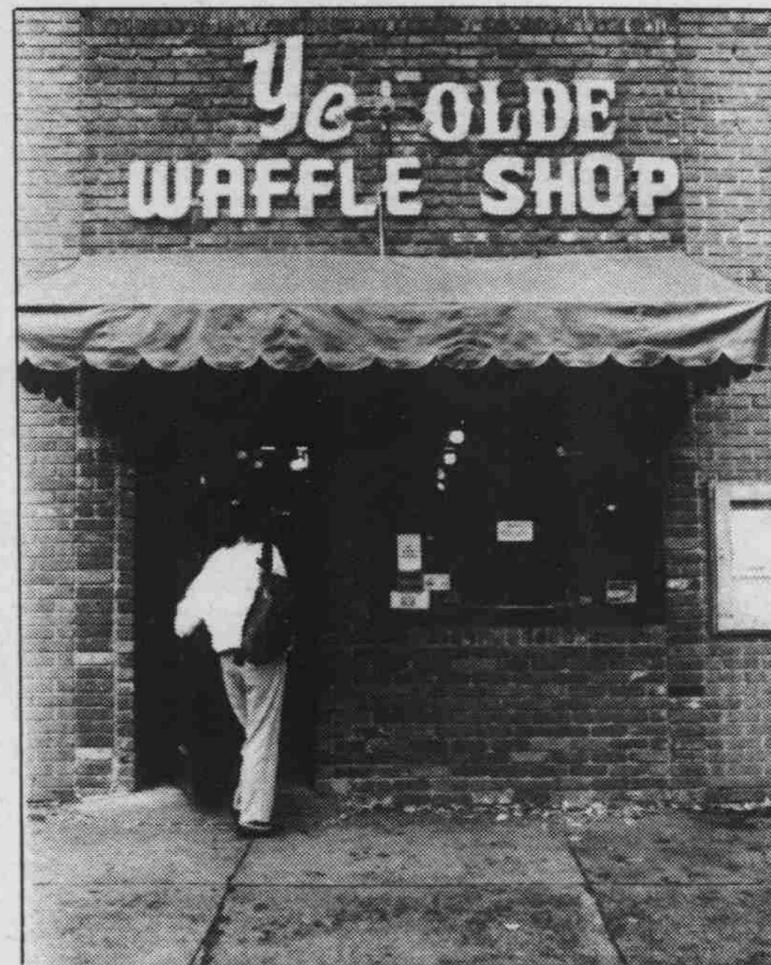
"Put a little South in your Mouth" is the motto of Dip's Country Kitchen, which is next to Tijuana Fat's on Rosemary. Dip's is the can't-miss, must-try place. It serves authentic Southern food at reasonable prices. Fried

chicken, vegetable fritters, chicken and dumplings, and even chitterlings are on the menu. With an entree, pick from their long list of vegetables and choose either cornbread, biscuits, muffins, or rolls as your bread. Finish up with a piece of sweet potato pie.

The Looking Glass Cafe is a fine little gem, tucked away in the back of the University Square. It's light and airy inside, with large windows, hanging plants, and ceiling fans. Because the Cafe has a number of vegetarian selections, such as the vegetable and spinach-cheese sandwiches, many overlook that the menu also lists hamburgers, corned beef sandwiches, and other carnal selections.

Spanky's and Four Corners, both across from the University on Franklin Street, offer a wide assortment of sandwiches and entrees, and you can have a drink while you wait.

At Colonel Chutney's on Rosemary Street, you can sit inside or at a table in their courtyard. Try the tandoori chicken — one-half of a chicken, marinated in lime and garlic, and then grilled. They also have one of the best salads around — not just a bowlful of lettuce, but a variety of greens and vegetables, with a



A popular breakfast spot on Franklin Street

choice of one of their unusual dressings like Dijon and Curry. Good hamburgers, too.

Crook's Corner, on Franklin Street near Carrboro, is a former

barbecue hut that went upscale. It now is only open for dinner, and specializes in new Southern cuisine such as sauteed shrimp over cheese grits (no kidding). The roof outside is decorated with a freakish assortment of pigs made out of driftwood.

North Carolina is famed for having the best barbecue in the United States, but there isn't any place downtown. Allen and Son's, five miles down Airport Road, serves a tangy and tasty plate of pig, if you don't mind the drive.

For the vegetarian, and those in sympathy with them, Pyewacket Restaurant and Bar and the Sunshine Cafe are good places to go. Pyewacket is very popular and has gourmet-type food. Inside, it's spacious, relaxing, and pricey. The Sunshine Cafe across the street is a little less expensive and has specials, large salads, and fish.

Onward to other nationalities. Magdalena's, on West Franklin, has the best Mexican food around and emphasizes healthy ingredients. Vegetarian selections are starred and their beef comes from grain-fed cows. Whole wheat tortillas on request. Muted Mexican art on the walls and a nice atmosphere.

Papagayos, inside the NCNB mall, also serves good Mex food, as does Tijuana Fat's on Rosemary.

The Golden Dragon and Four-Five-Six are practically next door to each other on Franklin and serve — you guessed it — Chinese food. Both serve cafeteria style and nearly identical fare. The consensus is that the Golden Dragon's food is tastier, but Four-Five-Six gives larger portions.

Tripodi's Delicatessen is downstairs from the Golden Dragon and is a real find. Try a Baboli,

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